

## Food, Fun, and Family

## STARTING THURSDAY, MARCH 13, 2014 6:30 – 8:30 PM

## Six weekly classes to help your family eat better.

Learn about kitchen safety, creating a healthy plate, menu planning, label reading, smart shopping and have fun!

## **OTHER FEATURES INCLUDE**

- Hands-on Cooking
- Recipe Tasting
- Free Recipes
- Resource Binder

Arcata Co-op Community Kitchen 8th & I Streets / 971 8<sup>th</sup> Street across the street from the Arcata Co-op CALL TO REGISTER: (707) 443-6027 ext. 102

For questions about the class, contact the instructor, Colleen Ogle @ 707-441-5560

Classes are free, but space is limited. Register soon!



employer. Visit <u>www.championsforchange.net</u> for healthy tips. California Department of Public Health

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For *CalFresh* information, call 1-877-847-3663. Funded by the USDA

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Services

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The County does not discriminate on the basis of disability in services, programs, activities, or employment. Persons with disabilities requiring special assistance or accommodations should call 707-268-2132.